

YOU'RE NOT ALONE

Vol. 1

(A Poetry Journal of Spiritual Intrusion)

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THE NIGHT OF JANUARY 31, 2022

Last night was a rough one
with these voices entities
it seemed like I was hearing more voices
than just the one the female voice
that I hear most of the time
for a while it seemed like
some kind of astral Grand Central Station
in my bedroom
as I was in bed trying to fall asleep
but that wasn't going well

I kept hearing a whispery voice
saying my name
then I heard a voice say
"it's not we who are trespassing
into your dimension
it's you who are trespassing into ours"

I didn't know what the hell to make of this
and I think that's exactly the point of it
it's a classic example of the riddle talk
that these entities use
but I admit I was thinking about the statement there for a few moments
wondering how the hell
I could be trespassing into their dimension

then off to my left side
I heard a faint but rather sharp voice
it had a sharpness to it
and it seemed like
it was speaking through a tunnel
it had that kind of tunnel effect to it
this is actually something
that I've experienced quite a lot
since I started hearing these voices
it's very strange
and it's a bit tricky to describe
but I'll give it a shot

during last night's incident
I was in bed hearing quite a few voices
but there was this one voice
off to my left side
and it seemed like
it was about two feet away from my bed
about three and a half feet up in the air
and this voice was coming through
this specific spot
it's as if the voice was speaking
through a fix point in the room
it had this tunnel effect
or like it was speaking through
a tube of some kind

I remember experiencing this
a number of times in the past
one time it was a voice
that was speaking in one of my ears
it seemed like this faint voice
was literally down in my ear canal somewhere
and I could hear his voice clear enough

and there have been a number
of other occasions where
I'll hear them from a specific spot in a room usually my bedroom
and it goes further
than just saying they're off to the left
they're off to the right
they're down near the floor
they're up near the ceiling
it's more like it's off to the right six feet
and up in the air five feet
it's like somebody took a pen
and punched a hole
through the fabric of our dimension
and this voice is speaking through
this little hole
this little puncture n the space
the empty air in my bedroom
it's just one more
of the strange and surreal ways
that I've heard these voices

and last night was another rough one
I think it took something like three hours
for me to fall asleep
I took quite a bit of sleep-aid
but recently it's just not doing the trick
it doesn't seem to be doing much at all
I've had a lot on my mind recently
I've been in some kind of mental fog
for about two months now
it could be a midlife crisis
I'm starting to suspect this
I've been having a lot
of trouble sleeping again recently
where I went most of last year doing fine
without having to rely on the sleep- aid at all
I'm back on it again
but it doesn't seem to be doing very much
and the kicker is this time
is that it's not really these voices entities
that are the cause of my sleeping problem
it's this depression....this mental fog
I keep thinking about things
mostly things from my past
lost friends.... lost relationships
poor decisions
that kind of unfortunate stuff
I try not to
but it's like a movie playing in my mind
it's just there
and it keeps going

I suspected at first
that maybe it was these entities
I know they can mess with a person's thoughts
I've experienced quite a bit of that myself
but I'm just not sure
I don't sense that this is them
I think this is just something
that happened on its own
but now these entities
are definitely jumping in on it
and taking advantage of the situation
and last night was a rough one

it was one of those nights
where I'm just thinking
who would believe me
if I tried to explain this to people
and there I was in bed
trying to fall asleep and failing to do so
the voices were surrounding me
praying for sleep
to take it all away

- 2/1/2022

MORE BRIGHTLY LIT

Last night as I was in bed
surrounded by these voices
for a bit there
it felt like I was on some examination table
and they were surrounding me
observing me
all a part of some kind
of strange experiment
and I knew they could see me
I knew that they could see
into our dimension
they told me that they see me
but I rarely ever see them
though there have been
incidents in the past
it hasn't happened in a while
but a few years ago
earlier on in my situation
I would often look up
and see a forman outline of a body
it was a bit shadowy
but mostly transparent
I could see through it
it wasn't an entire body
it was more where
I could see the outline
of an upper body
chest ...shoulders ...head
I couldn't see any specific details
I couldn't see eyes or a face or a nose
but the outline was definitely there
and it seemed like
it was just floating there in front of me
that was the strange thing about it to
it was floating
it wasn't like it was standing in front of me
it was floating
and I would just see it for a few brief moments

and then it would be gone

this would happen quite often
it happened a lot when I was at work
and I would look up from my desk
and there would be the shadowy form
right there in front of me
I don't know if it was the lighting in the office
this tended to happen in places
that were more brightly lit
so there have been occasions
when I've seen them
the source of these voices
I've also experienced
seeing orbs on occasion
and patches of mist ...or smoke
that seemed to dart out
in front of meacross the room
I've seen that a few times
I've seen little sparks of light
circling around in the air
that only happened once
but it was a very powerful experience
so I'm not really sure
what their true form is
perhaps they're letting me see
only what they want me to see
I'm not sure
but I have seen them on occasion
I hear them far more ...far... far more
so while I can't say
that I can put a face
to each voice I've heard
in someway
I have seen them

THREE HOURS

Three hours of sleep
that's all I got last night
I struggled through the day at work
feeling half awake
three hours of sleep last night
the rest of the time
I was hearing the voices
I was hearing them
and I was feeling them
feeling their presence
feeling them moving on me
whoever calls this a hallucination
I wish that they could experience it for a night what can I tell you
I still find it difficult
to wrap my mind around at times
but these were not hallucinations
these were the entities
that talk and talk and talk
night after night after night
day after day after day
they just keep on talking

some nights
it doesn't get to me so much
and I don't have too much trouble
falling asleep
some nights I win
though the victory is never perfect
but some nights I lose
last night I lost
and today the voices
were kicking my ass all day
when they get you worn down
when they get you tired
that's when they can really kick your ass
and you better believe
that they know this

that's why they talk and talk and talk
throughout the night
they want to keep you awake
they want to deprive you of sleep
they want you to be weakened
so they can kick your ass
well I got my ass kicked today
that's how it goes with this situation
some days I win
though the victory never looks perfect
but some days I lose
some days I get my ass kicked
like today
I deal with it
each loss will make me stronger in the end
I can only hope

- 2/3/2022

INSIDE MY ASTRAL FIELD

This afternoon
while I was waiting
to cross a busy street
I heard the female voice
the one that calls herself Crystal
say something like
“there are fifteen spirits
living inside of your astral field”

this is actually nothing new from Crystal
I've heard this quite a lot
over the years since this all began
there have been times
when I thought to myself
where is she ?
where is this spirit ?
and since she can hear my thoughts
it's essentially like
asking her a question directly
so I'll often hear her voice reply
“I am inside of your astral body”
or inside of your “astral field”

and there have been times
when I thought to myself
which again

it's essentially the same thing
as asking her a question directly
how is she able to do this?
how is it that I can hear her voice
when no one else around me can?
how is it that I can perceive her
feel her presence
in a physical way like this ?
how is she doing this ?
and then I'll hear her voice reply
“ I got inside of your astral body”

“ I got inside of your astral field”

just as a kind
of personal defense mechanism
I take everything that I hear from Crystal
with a grain of salt
but I will say
that with this
this has been
a pretty consistent answer from her
this is something
I've heard from her multiple times
spanning a few years
since it all began for me
back in 2015
does this mean
that she's giving me an honest answer here
I don't know
I don't rule out the possibility
even though I take everything that she says
with a grain of salt
I'm not saying that everything is a lie

in factaside from being
quite masterful at the deceiving
she's also deviously skilled
with manipulating the truth
bending the truth
twisting it to serve her agenda
so I'm not saying
that everything that she says is a lie
it's just that she has deceived me so much
and tried to manipulate me so much
that I'm not really sure
if I would even recognize
the truth from her if she spoke it
it would be like looking for a needle of truth
in a haystack of lies

so is she inside of my astral body
my astral field
is this how I'm able
to perceive her like this
I don't know

all I can tell you is
that from her
it's been a pretty consistent answer
so far

- 2/4/2022

THIS DREARY WINTER

This morning was a rough one
the despair seemed to hit me
like a ton of bricks
the depression
maybe it's the weather
I don't know
I hope that's all it is
it's the middle of winter
colddreary
it's been getting to me
the overthinking was getting to me
reflecting on the past
but not in a good way
I got my ass kicked this morning
but it wasn't the voice is kicking my ass
I was kicking my own ass
in some ways
this is tougher to deal with
in some ways
at least with these voices entities
the source..... the cause
it's not me..... it's them
there's things I can do then
I can try and ignore them
I can just brush off
everything that I hear them say
as bullshit liesmanipulation
but when it's my own mind sabotaging me
I'm not nearly as good
at handling that
how do I stop the overthinking
how do I get rid of the memories
they just keep coming back

the voices jump in of course
and kick me when I'm down
but it wasn't them
kicking my ass this morning
I was kicking my own ass

and sometimes that's harder
for me to deal with
but I'll tough it out
I'm sure this will pass
this dreary winter will end
eventually the spring will come back
because maybe
it is just the weather getting to me
the cold ..the snow.... the ice
the dreariness of it all

- 2/5/2022

THE BARGAIN

A few times
I've tried to make a bargain
with this entity attachment
the female voice
that calls herself Crystal
she's the only one
I still consider attached to my life
I hear other voices on occasion
but they don't stick around anymore
and over time
the incidents of hearing them
have become less and less frequent

but CrystalCrystal is a whole different story Crystal still here every day
Crystal has been here
practically since the beginning
I first heard Crystal's voice
in February of 2015
on my EVP recordings
this was the second and final month
of my recording endeavor
her voice sounded just the same then
as it does now
and it's accurate to say
that I've heard her voice
to one degree or another
every day since then

her voice started to become
a frequent presence on my recordings
even then it stood out
among all the other voices
and when I started hearing
some of the voices outside of the recordings when I was stricken
with this hijacked-clairaudience
Crystal's voice was always present
she was one among many voices
that I was hearing back then
but it's accurate to say

that she was the main voice
it seemed to me
like she was the ringleader
the main instigator

over time
many of the voices went away
it reached a point
where I was just hearing
maybe two or three on a regular basis
this went on for a while
and then it reached a point
where there was just Crystal
there was just Crystal's voice here

yes..... occasionally
other voices would pop in it seemed
but unlike in 2015
they didn't stick around all the time
only Crystal did
and in my frustration
with this whole situation
I tried to make a bargain with Crystal
I know that this is a bad idea
but when you're dealing with
this kind of situation
sometimes you get desperate
and you feel like trying just about anything

I told her that I wouldn't mind it
if she just stopped in now and again
maybe a few times a week
I would be nice to her
I wouldn't talk shit on her
which she accuses me of doing a lot
I would be ok with the situation
I would be fine with
it it's not so much
hearing her voice that troubles me anymore
I'm used to that by now
it's hearing it this much
it's her constant presence

yes.... things have improved in these days

I'm able to direct my focus
onto something strong enough
where maybe I'll get a few hours
without hearing her
but that's it
I'm still hearing her
quite a lot every day
especially at night
and even when I'm not hearing her
I know she's there
I can still feel her presence
this is the big issue
this is where we collide
and she's always accusing me
of talking shit on her
which I find ironic
because primarily what she seems to do
is talk shit
it seems like the focus of her very being

so I proposed the offer to her
that I will be nothing but nice to her
I won't talk shit
I won't have an attitude with her
but she's got to give me some space
she has to respect my personal sovereignty
if she wants to stop by
a few times a week
I would be fine with it

again ...I know it's not a good idea
to try and make deals like this
but yessometimes
things do get desperate
but it never does any good anyway
Crystal never accepts my proposal
she doesn't care if I'm ok with the situation
she doesn't care what I feel about it
when I ask her why is she doing this
she'll most often say either
that she's punishing me for my sins
or something like that
or that being attached to my astral body
allows her to exist on this planet

and that's what she wants
my personal sovereignty
my personal space
my sense of privacy
my sense of individuality
these don't mean a damn thing to her
so it doesn't look like there's going to be
any bargains.... any deals made
but I'll keep trying
to take my sovereignty back
if I get a few hours without hearing her voice
I'll keep working to make it a few more hours and more and more
to push her into the background
as much as possible
but the term attachment is no lie
that's exactly what it is
it's not always Crystal
being literally attached to my body
in a physical way
more than that
she's attached to my life
she's always there
and she doesn't make bargains

- 2/5/2022

IT'S UNFORTUNATE TO SAY

It was another brutal morning for me
the depression really hit hard again
depressiondespair
whatever this is
some kind of mental fog
maybe it's a midlife crisis
to my surprise the female voice... Crystal
hasn't had too much to say so far today
I suppose in a sense
she's been pushed aside
for these past few months
her presence
and the presence of the other voices
have been the biggest problem for me
Crystal has been the main tormentor
but now it's not her
that's tormenting me the most
it's whatever this is
this mental fog
this depression
it pushed her into the background
yes there have been
many occasions recently
when it seems like she was
taking advantage of the situation
jumping in to kick me when I'm down
but still it was secondary
to this mental distress
this despair
and todayeven though
I've heard her voice
she's not really saying much
she's not kicking me when I'm down today
at least not yet

but to be honest
I almost wish things were back
to how they were before
where she is the number one problem for me

at least then
I can look at the situation
in a different way
a way that makes more sense to me
there is this outside presence
that is tormenting me
that's intruding into my life
that's a bully essentially

I can defend myself
I can stick up for myself
by a number of means
but this mental fog is different
this feels different
it doesn't feel like
it's coming at me from the outside
from an external source
this is all stuff that's from within
bad memories
opportunities wasted
relationships lost
that kind of thing
it's all been going through my head
these past few weekscontinuously
it seems more complicated
than my situation with Crystal
with Crystal it's me
standing my ground against an intruder
but this despair
this feels like something else
is eating away at me from within
and I'm not quite so sure
how to fight it

I just hope it passes soon
then maybe Crystal
will go back to being
the number one tormentor in my life
it's unfortunate to say
but at least that would make more sense to me

ONE OR TWO OF THEM ? ? ?

Last night
as I was laying in bed
trying to fall asleep
I felt the presence of this entity attachment
land on my chest
actually it felt like
there might have been two entities present
I felt a presence land on my chest
and then I felt another presence
land on my legs
this is actually something
I feel quite often
a presence that just seems
to land on me
there's some weight to it
not a lot
but it's unmistakable
it's unmistakable that there's something there something has literally just landed on me

last night it seemed like two
but I was only hearing
the same female voice
the voice that calls herself Crystal
and what was strange about it
was that I was hearing her voice
coming from my kitchen
down the hallway from my bedroom
that's where the sound
of my heater was coming from
so even though I was feeling the presence
right there..... right on me.... on my body
her voice was being projected
through the sound across my apartment
it was strange
and it's strange every time it happens
I can't be certain
that there were two entities
it just seemed like that

but it's very tricky
to try to get a sense with this sort of thing
when I feel this physical presence
it can be different each night
it can change form
the presence could be something
very small.... tiny even
or it could be something larger
last night it felt larger
and it's not like something familiar
something that you can recognize
it's not like a cat jumping up on your bed
and walking on your chest
or a dog
then you would be able to recognize
what it was
by just how it felt
by the features
this isn't like that
this isn't something nearly so recognizable
and even though
I've experienced this many times before
I can't make out a leg
an arm..... a head
those kind of features
so I'm not sure
if there was two entities present last night
or just Crystal

sometimes when I have felt
this larger presence in a physical way
I've heard Crystal say
that she's expanding her energy
but there are times
when I felt her presence
and it was very small
something as small as a marble
there has certainly been variation
to these physical sensations
perceiving the physical presence
so maybe she is
expanding her energy
to one degree or another

needless to say
this was quite an annoyance
when I was trying to sleep
but luckily
it didn't keep me awake for too long
and I had the best night of sleep
that I've had in a little while now

I'll take that for what it's worth

- 2/7/2022

IT'S NOT ALWAYS WHAT THEY SAY

It's not always what they say
it's not always how they sound
though at times
they can sound quite terrifying
no ..it's not always what they say
you can desensitize yourself to that
you can not give a shit what they say

more than that
it's that they keep talking
they keep talking
the voices just keep talking
they don't call it a night
at the end of the day
they don't take a break
they don't need to rest
they don't need eight hours of sleep
they don't stop for breakfast
lunch or dinner

if you go somewhere
they'll go with you
and they don't stop talking
noit's not always what they say
or how they sound
it's that they keep talking relentlessly
without any consideration
without any compassion
without any mercy

it's not that a single encounter
might be so frightening
it's that the encounter keeps on going
and goingand going
in the morning when you awake
you'll hear their voices talking
throughout the day
you'll hear their voices talking
at night when you're in bed

trying desperately to fall asleep
you'll hear their voices talking
no ...it's not always what they say
not at all
it's that they'll keep saying it
hour after hour
day after day
week after week
month after month
and so on
there's the struggle
there's the difficulty

for myself
the first step was not giving a shit
about what they say
about any of it
whatever I heard from them
from these voices
I knew it was a lie
a deception
some attempt at manipulation
whatever I heard
I took with a grain of salt
but they kept talking
and they kept talking
they were relentless
they were without mercy
moment after moment
so that's the struggle
that's what I had to take back from them
brief moments here and there
where I can tune them out
and not hear them
an hour here and there
and when I experience silence sometimes
it seems like the silence itself is deafening
and so my struggle goes on
I no longer care about what they say
it is my struggle
to reclaim my time
this timethis life
to reclaim it from the voices

*** - 2/8/2022

THE OLD GANG

A couple of months ago
I shared my story with an old friend
this was a friend
I've known for many years
she lived down the street from me
when I was growing up
we went to high school together
we hung out in the same circle

I was a bit nervous about this
I wasn't sure if she would believe me
she remembered
that something happened to me
back in 2015
she remembered
that I was acting strange back then
but she didn't know the details
and I started to become isolated
so we lost touch for a few years
I sent her a written account of my story
excerpts from some of my journals
where it spells everything out
how I started hearing voices
after I was doing EVP's recording a lot
during the winter of 2015

yes ...I was a bit nervous
sharing this with her
this was the first of my old friends
that I told about my situation
in any real detail
since 2015
I've met quite a few others
who have also started hearing voices
just like I did from EVP
or some other form of spirit communication
and I talk with them quite often

but it's online
none of them live near me
I've never met any of them face-to-face
we're very close.... some of us
but this old friend I shared my story with
is someone from my immediate world
here where I live
someone who knew me
for years before any of this ever started
I'm still a bit nervous about it
because I haven't heard anything from her
I told her that I don't expect her
to give me any kind of reply really
I understood that it's a very bizarre story
I told her
you'll either believe me
or you just think I'm crazy
that I finally lost it
she assured me that she would believe me

there's been a few times since
I sent the journal to her
where I wanted to reach out to ask her
if she's read the account yet
I wanted to ask her if she believed me
but I stopped myself at the last minute
and I still haven't heard back from her
but yes....I told her she didn't have to reply
I guess part of me is just hoping that she does
I guess part of me just wants some assurance that somebody from my past
an old friend
believes me
but I also told her I just wanted
somebody from the old gang to know
I know I've stayed away for a while
and if my name ever comes up
in a conversation among my old friends
I just want her to know
he hasn't been around as much
but he's dealing with something
he's had his struggles

part of me would very much like
to hear back from her about it

but either way
at least one of my old friends knows
that was something that was important to me
I don't expect her to understand it
and if she doesn't believe it
that's fine with me
as long as she knows
as long as somebody
from the old gang knows

- 2/9/2022

HEARING VOICES AFTER EVP : 2/10/2022

Back in January of 2015
something came over me
something compelled me
to try and record EVP
I had been interested in the paranormal
on and off for many years
but it never went beyond reading books
or watching TV shows
or reading things about it online
I had never tried
to actively investigate the paranormal
I had never tried
to actively communicate with spirits
or have some kind
of paranormal experience

at that time
something just came over me
something compelled me
to start recording
and I did I didn't hear a damn thing
for the first two weeks
nothing at all
now my interest in the paranormal
had always been somewhat off and on
so looking back now
I'm surprised that I stuck with it
those couple of weeks
when I was hearing
nothing at all on my recordings
but for some reason
I kept goingI kept trying
I often wonder
if I had gone another week
without hearing anything
if it was three weeks
would I have given up
and been spared the horrors
that were to follow

finally I did hear something on my recordings one afternoon in the middle of January
I did a recording session
went back and listened to it
and I heard voices on this recording unmistakable voices
and not only that
they were speaking to me
they were answering the questions
that I asked
this really went to my head
my curiositymy fascination
went through the roof
I was hooked now
there was no way I was giving up
this was real
and I wanted to learn more about it
I wanted to experience more

within a matter of days
everything seemed to change
suddenly I went from hearing nothing
on my recordings
to hearing many voices
many voices
it was like a veil had been lifted
and now my recordings
were suddenly alive with voices
some were clear
many were faint
and I wanted to hear
what the fainter voices were saying
so I listened.... I listened very hard
very intensely
I listened deep down into those recordings
to try and make out
what those fainter voices were saying

it reached a point
where I could communicate with them directly
I would ask questions
then go back and listen to the answers
I did this night after night that winter
often for hours at a time
I couldn't believe what I was experiencing
it was more than I ever expected

and at first I felt no danger
no threat from these voices
that I was communicating with
from these voices that I was hearing
on my recordings

to me they seemed friendly enough
and they very much seemed interested
in talking with me
there was a sense
of personal discovery about it all
I felt like I had discovered something
that I was experiencing something
that few people ever get to experience
and you betthe curiosity... the fascination
it all went to my head
and I kept on recording
and I kept on listening deeply ...
intensely

then into the second month of recording
things started to change
I started to notice voices on my recordings
that were not quite so friendly
I began to hear insults
critical statements about me
even threats
one night I heard a very powerful voice
warn me to stop recording
but I didn't listen
I didn't know what this warning meant
I just remember being amazed
at how clearly the voice sounded

as the days went by
more of these negative voices
appeared on my recordings
I began to be troubled by this
but the friendlier voices were still there
so I kept going
I tried to just focus on them
but this became harder and harder to do because these negative voices
became more and more of a presence
and it soon reached a point

during the end of the second month
that the negative voices
started to dominate everything
they were now
the majority of the voices that I was hearing
I became even more troubled by this
but I kept going
I was still fascinated by all of this
and I had no sense
of what the danger could be
no sense of what it looked like
I thought that if I just stopped recording
then that was it
if things went bad
I would just give it up
I'll just stop recording
then I'm out.... I'm safe
I was very wrong about that ...very naïve

one day while I was at work
in the end of February 2015
I started hearing
some of the same negative voices
out of the blue... I started hearing them
with just my naked ears
I wasn't doing a session
I was at work
and here they were talking to me
in the middle of the day
and I recognized these voices
they were the same negative voices
that I had been hearing so much
on my recordings
I was deeply disturbed by this to say the least
but still I kept recording
I thought that maybe
I could straighten things out with these voices find out what their grievance was
and find a resolution somehow
but this changed nothing
I began to have more and more experiences
of hearing the voices ...the negative voices outside of the recordings
finally I had enough
I decided that I was quitting
I was not going to record anymore

I was done with this
I was walking away
what seemed so fascinating at first
was now becoming something terrifying
I had never heard voices like this before
never in my whole life

these negative voices
were not just on my recordings any longer
they had emerged from out of the recordings
now I was hearing them
beyond the recordings every day
for about a month things kept escalating
and escalating
until they hit me full force
until I started hearing them all of
the time they were bombarding me
harassing me
tormenting me nonstop
around the clock ...day and night
they never grew tired
they just kept tormenting and tormenting
it reached a point
where I could hardly sleep
where I could hardly eat
I had to call out of work
my world was falling apart
these voices... these entities
whoever they were
whatever they were
they were relentless
they showed no mercy

back when I was recording
I never thought
anything like this would happen
I never knew
anything like this could happen
when that voice warned me that one night
I didn't even really take it into consideration whatever the danger was
it was referring to
I thought if I just walked away
it would be over
that I would be safe then

but I was wrong
I thought the voices
were only on the recordings
that they were contained on the recordings
I was wrong ...very wrong

and so a long
and desperate struggle began
to a degree
it's still going on today
but I'm back on my feet now
and I no longer feel
like my world falling apart
at least one of those voices still remains
it is still with me
it's a voice I first heard
on recording back in 2015
the same voice
the exact same voice
it sounds exactly the same
it's a female voice
she tells me that her name is Crystal
I still hear Crystal's voice every day
she's attached to my life
I don't fear her anymore
but she's still here
a voice that came out of the recordings

- 2/10/2022

WHEN IT FEELS LIKE SPRING

It was a rough morning
I don't know why
it's the middle of February
but the weather is very nice
it feels like spring
I don't know if it's going to last
but it's a lovely day
it's the last Saturday
I'm going to have off from work
in a while
starting next week
I'm back to six days a week
it seems like it should have been
a good day for me
all things considering
but the depression started
to hit me this morning again
this dark cloud of depression
that's been hitting me
for going on three months now

around mid morning
I got back in the bed
figuring I would just rest for a while
as soon as I got in the bed
I felt the presence of this entity attachment
I felt the sensations
mostly it was that strange vibration sensation
that I've been feeling going back
to the beginning
it doesn't feel like I'm vibrating
it feels like there's something on me
on my body
a presence that is vibrating
it's one of the more common sensations
that I've experienced
throughout this whole ordeal
I started experiencing this
back in March of 2015
about a week or so after
I had my first incidents of hearing the voices outside of my EVP recordings

I don't remember exactly
when the first incident was
but I remember vividly
a few occasions where
I would wake up in the morning
and would feel it

I would feel the vibration sensation on my body and then I remember one evening
laying on my couch
watching television
and experiencing it
all of a suddenaround my stomach area

I felt this very intense vibration
and it's been one of the more
common sensations
that I've experienced ever since
it's not the only sensation
I've also experienced jabs
pinchesa slight gnawing feeling
and many more I'm sure
but this vibration sensation
this one's been here all along

well I did manage to fall asleep
for a couple of hours this morning
despite feeling this presence
I managed to fall into a deep sleep
and when I woke up
there it was ...like it had never stopped
this presence
and the voice was there as well
the female voice.... Crystal
all of this certainly did nothing
to help with my depression

recently I've been thinking
about my friends from the past a lot
the old gang that I went to high school with
I've been wondering about them
many of us keep in touch
but I've drifted away from many others
I've been wondering about their lives
and just thinking how
it compares to my own
how there's this very bizarre

situation in my life
I've only shared my story
with one old friend so far
and I'm not really sure
if she believes me
I'm just afraid that they won't understand
they'll just think
that I finally lost my marbles
but I didn't
I know that this is really happening
I know that Crystal
whoever she is
whatever she is
a spirita demonwhatever she is
I know that she is real
and in many ways
my life has been very surreal
these past few years since it all started
I've managed to hold on
I've managed to hold on to
my day-to-day world
but I suppose
that I missed out on a lot as well
I think that's what's been hitting me recently
I keep thinking about
what if I made different choices
what if I didn't make so many
of the terrible mistakes that I've made
how would my life be different
what would I be doing on a day like today
when it feels like spring

- 2/12/2022



OVER THE HORIZON

Last night when I got into bed
I began feeling
a slight movement underneath my pillow
and then I heard Crystal's voice
it seemed to be speaking
from down the hallway
it was projected over the sound of my heater
I heard her say
“I am underneath your pillow”

something like this happens
almost every night
but it was strange
to feel her presence one place
yet to hear her voice
sound as if it's coming from all the way
across my apartment
I suppose she's using sound waves in someway manipulating the sound waves
this reminded me of something
that I experienced
in the beginning of April 2015
during what I call “my two weeks of hell”
this is when my attachment situation
was at its terrible peak
the worst it's ever been
this is when the voices
first started coming at me constantly... nonstop and they were relentless

there were a few occasions
during this two weeks
when I would be outside smoking cigarettes
in some desperate attempt
to calm my nerves
and I would hear the voices speaking
and they would sound loud and clear enough
but just something
with the way they sounded
they sounded like
they were originating from over the horizon

off in the distance
sometimes it was just a few voices
I remember hearing Crystal's voice
during one of these incidents... very distinctly
it seemed to rise above
the other voices

there was another incident
where it seemed like many voices
a whole crowd of voices
hundreds... maybe thousands
and they sounded
like they were over the horizon
and I could still hear them very clearly
it sounded like they were getting closer
it seemed like some army of demons
was approaching
getting closer and closer

last night's incident
wasn't quite as dramatic
but it brought back some memories
from those bad days
those nightmarish days
how I'm glad those days are gone

- 2/13/2022

HER NAME

As I've been writing about here
I've been in something
of a mental fog recently
it's now going on the third month
it's a kind of depression
a feeling of despair
I think it might be a midlife crisis
it involves a lot of thinking about the past
it's like my subconscious
brought up all these old memories
from some dark vault inside my of mind
these are memories of lost friendships
lost relationships
memories that I would much rather forget memories that I haven't thought about
to this degree
with this much detail
in quite a long time
probably not since the events happened

I've been thinking
about a lot of things from the past
not that I want to
but it just keeps playing
over and over in my mind
like a movie that I can't get away from
I don't think this spirit attachment
the female voice.... Crystal
is the cause of this
if she had the ability to cause this
I wouldn't put it past her
but I just get the sense that
this is something that happened on its own
but in many ways
she's certainly jumping in
and taking advantage of the situation

one thing that I've been thinking about
is an old girlfriend
an old girlfriend that I was in love with
but the relationship fell apart

I was young
and very immature at the time
I made some stupid mistakes
and I was left with a broken heart
at young age
I don't think I really ever
completely got over it
I just pushed it down in my memory
buried it deep in my mind
occasionally through the years
I would think about her
but it was mostly just a passing thought
it felt like something was telling me
you don't want to go there
you don't want to bring back these memories

when I thought about her over the years
I was mostly just remembering
my feelings for her
I didn't think a lot about
how our relationship fell apart
how it ended up causing me
a lot of heartache
it was almost as if
I had forgotten that part of it
but in my heartI didn't
that's what I discovered recently
these painful memories are still there
and I'm amazed at how
I can remember so many of them
these are memories
that I don't think I thought about
since these events occurred
yes it was as if they were buried in my mind

when this all started
it seemed like whatever vault in my mind
that these memories were hidden away in
broke open
and all of these memories
came to the surface
I've been trying to get rid of them
to push them out of my mind
but it's been very difficult

these thoughts
just keep hitting me over and over
and this relationship from my past
was something that I never heard
any of the voices talk about
these past few years
probably because
I had hidden these memories away
but now that they're back
now that I'm thinking about them again
Crystal is very much aware of it

for the past few days
I've been hearing her
speak the name of this lost love
speak the name of my old girlfriend
she's been telling me things about her supposedly things she that felt about me
or thought about me
both good and bad
of course I can't believe Crystal
it's clear to me
that she's trying to mess with my head
so it's just making it all
that much more difficult for me
to get through this
to put it behind me
I'm not surprised
that Crystal would do this
mind games are her specialty after all
and I've known this from the beginning

- 2/13/2022

YOU'VE EARNED IT

I've still been having
a bit of trouble sleeping recently
I'm still going through this depression
this mental fog
though it seems to slowly be getting better
I think I'm finally
starting to emerge from it
whatever the hell it was
but it's not gone completely yet
and I'm still having trouble
sleeping at night sometimes
and when this happens
it's usually because I'm still overthinking
all of these thoughts
just keep going through my mind

I don't think this spirit attachment
is the cause of this
but she's been taking advantage
of the situation at times
the one I hear as a female voiceCrystal
but last night it seemed
like I had some company
it was one of those nights
that I don't experience too often anymore
where it seems like
there's multiple voices present
it seemed like
there was a crowd in my bedroom
I kept hearing them whisper my name
this is more how it was
back in the early days
back in 2015 and 2016
usually I'm just hearing Crystal's voice
but every now and again
these other voices just seem to show up
but unlike 2015 or 2016
they don't stick around
by morning they are gone
and only Crystal's voice remains

so last night
got a little surreal for time
I wasn't scared
I wasn't freaked out by it
those days are long gone
this is all stuff
that I've experienced before
and even though
it doesn't cause me to be afraid
sometimes it still seems
so surreal to me
sometimes it really hits me
what a strange situation I find myself in

sometimes I find myself thinking
if only one of my friends
could experience this for just one night
maybe they would believe me
maybe they wouldn't think
that I am so strange after all
but in truth
I would never wish this sort of thing
upon another
it would be nice to be believed
but I would never wish another
to have to go through
anything like this
if they believe methat's great
if they don'tI'm used to that
you have to adapt to a lot of things
in this kind of situation
you have to be strong
you have to find strength
that you never knew you had
and even though
it's still rough at times for me
there's no doubt in my mind
that the situation has made me stronger
and once you gain this strength
it's yours ...you get to keep it
the spirit attachments can't take it away from you you've earned it

*** -2/15/2022

IT'S LIKE BEING PUNCHED BY A VOICE

Last night
things went a little better
I managed to fall asleep
fairly quickly and fairly easily
however before I fell asleep
the spirit attachment Crystal
hit me with what I call a "shout attack"
this was a strong one last night

this is when she'll shout
very loudly ...very quick very... suddenly
usually it's right in my face
or right into one of my ears
or sometimes it seems more internal
like a voice shouting in my head
last night she shouted into my right ear
and I remember that
it sent a jolt all through my body
I believe that it literally caused me to shake
if it had been a little stronger
I wouldn't be surprised
if I fell out of bed
it was a powerful one
it was definitely Crystal's voice
I recognized it immediately

a strange thing about these shout attacks
is that when I experience them
her voice actually sounds clearer in a way
I mean I don't think
she's usually saying anything
when she does this
when she shouts like this
though last night
I think she said a word or two
it might have just been "hey!"
I don't remember her exact words

it happened all so quickly
but sometimes
like last night's incident
her voice sounds clearer
more normal in a sense
more like a regular human voice
don't get me wrong
her voice all in all
sounds like a regular human voice
her voice sounds like that
of a young woman
it's not a child's voice
but a young woman's voice

however when she's speaking
I notice that there's usually
this high pitch quality to her voice
it's quite a bit higher pitch
than an average voice
in a sense
while on the one hand
her voice does sound very human to me
it's still different
because of this higher pitch
but when she shouts
that higher pitch is gone
and her voice sounds much more
like a regular voice
sometimes it's literally as if
there was an in the flesh human being
right there
standing beside my bed
shouting right into one of my ears

I experienced another one
of these shout attacks
earlier in the week
and actually I would say
she's been using this old tactic again
more and more recently
not to the degree that it was
a few years ago
I believe it was 2019
and then maybe into 2020 a bit

where this was
her main tactic of harassment at night
when I was in bed
trying to fall asleep
she would hit me with these shouts
repeatedly... night after night
for months on end

the shouts are very quick.... very sudden sometimes she might be saying
a word or two
sometimes I don't think
she's saying anything at all
she's just shouting
I suppose I'm lucky in a way
that she doesn't seem
to have the ability
to shout out complete sentences
then this would be
a much bigger problem

usually when I experience
one of these shouts
there's a pause between the next one
usually a few minutes at least
I suspect that to do this
Crystal has to exert
quite a bit of energy so
it's not like
she's continuously shouting at me
but there have been many nights
where I get hit with multiple shouts
spaced out every few minutes
it seems when I get hit
with the really powerful ones
there's a longer pause
between the next one or
sometimes the shouts will be weaker
but they happen in quicker succession

I'll give her this
it's a damn effective tactic
I don't believe
there's really any countermeasure with this one when I'm just hearing her voice
in the regular manner

I can at least sometimes tune it out
but there's no tuning out
a shout like this
when it hits you
I've often described it
as being punched by a voice
in the way I feel
that's exactly what it's like
in a way there's a kind of violence to it
because I usually have a physical reaction
it sends a jolt... a shiver
right through my body
yesshe might be
starting to use this tactic
more and more
I only got hit with one shout last night
but I've been getting hit with them
at least a few nights a week
for the past few weeks

it seems last night I was lucky
and I managed to fall asleep
fairly quickly regardless
but sometimes I'm not so lucky
the battle for sleep continues
it's been a very long battle
a long and wearisome one

- 2/16/2022



UNNECESSARY RISK

Last night
I was browsing around
on the internet a little
on a spiritual themed discussion forum
that I check out every now and again
I saw a discussion
started by a young woman
she was saying that she felt compelled
to try and communicate with her spirit guides but that she was worried
about running into trouble
opening the door to bad situations
attachments....things along those lines
but she kept saying
that she felt compelled
that she really wanted
to communicate with her spirit guides

I actually see discussions
like this all the time on the internet
people ask if there's a safe way
to communicate with spirits
and often it's the same thing
they want to communicate
with their spirit guides

now I admit
my opinion is a little biased
based on everything that's happened to me since I was messing around
with doing EVP recording back in 2015
and everything that followed
after the horrible psychic attack I experienced
an ongoing attachment situation
that I'm still dealing with to a degree
specifically with this spirit
this beingthis entity
the female voice that I still hear day today
the one that calls herself Crystal

when I see this kind of discussion
on the internet
especially when it's people asking
if there's a safe way to communicate
with their spirit guides
I confess my opinion is a bit biased
but perhaps it's the safer path in the end because I have seen situations like my own
I have seen horrible attachment situations
get started with people
who were doing some form
of spirit communication
whether with a Ouija Board
Automatic Writing.....EVP
they thought that they
were communicating with their spirit guides
they weren't
whoever they were communicating with
was lying to them
was deceiving them
and eventually they attacked them
with tormenting voices

So when I see these questions
about there being a safe way to communicate my two cents isjust don't don't try it
it's not worth the risk
because you don't know
who you're communicating with
I don't believe that there's any way
to tell with certainty
that's just my opinion
based on my own experiences
but there it is
and you can be lied to
you sure as hell could be lied to
and you could walk right into a trap
I know I've been there
when I first started recording EVP's
when I first started communicating
with the voice that as I was hearing
on my recordings
everything seemed fine at first
the voices seemed friendly
they seemed very benevolent

I didn't sense any danger at all from them
I wasn't even thinking
about any possible danger

so when I was attacked
when I started hearing the voices
outside of the recordings
and they proceeded to torment the hell out of me it certainly aught me off guard
I wasn't expecting it
I wasn't prepared for it
it knocked me on my ass

I respect peoples spiritual beliefs
absolutely.... I have my own
I would say that they are not set in stone
and they're subject to change
as time goes on
and I have more experiences
and I learn new things
but I have my spiritual beliefs
and I respect the beliefs of others
and I know that believing in spirit guides that we all have spirit guides is
a very common belief these days
I don't really have too much
of an opinion about that

back in 2015
during the worst days ...the darkest days
when it seemed like my world
was crumbling all around me
when the voices were torturing me relentlessly around the clock.... day and night
I would occasionally hear voices
that seemed different
these voices seemed to be trying
to offer me help
encouragement..... guidance
they didn't stick around
like the negative voices
they just gave me a message
and then I might not hear from them again
for a few days
but it was good to hear
some kind of positive message
it made a difference

it made me feel like
I wasn't completely surrounded by darkness
that there were other spirits around me
that were there to help... and not harm me
to this day
I don't know who they were
were they my spirit guides ?
maybe.... I don't know
but they helped me

I've often wondered
if it was just a part of some deception
if these beings
were playing a game
of good cop bad cop
I think at times
there might of been
some of that going on
but I don't think
that was the case entirely
some of these other voices
they just seemed different
and they did help me
if it was a trick all along
I guess it didn't work
because they did help me
they did offer me hope
and inspiration to keep going
and they were never intrusive
that was the big difference
the negative voices were relentless
they would just talk and talk and talk
and they didn't care
how much I was suffering
these other voices
these benevolent voices
they were not intrusive like that
they said their message
and then they left for a while

so who were they were they
my spirit guides ?
maybeI'd like to think so
or at least that they were trying to help me

and guide me at that time
in those darkest of days
but I don't feel compelled
to try and communicate with them now
I know what the risks are now
I know a lot more about the danger
I'm still experiencing the after effects
I don't think that I could ever be blindsided
like I was back in 2015
but I don't even want to take chances
by trying to actively communicate again
by trying something like EVP again
if we all do have spirit guides
I would think that perhaps
they don't want us
to put ourselves in danger like that
perhaps we're not meant
to communicate with them one on one
perhaps they guide us
in more subtle ways
I would say that people
could get along and live just fine
without trying to talk with their spirit guides
it's not a necessity
if your guides are there
they are there regardless
of if you're trying
to communicate with them or not
but if you do try and communicate with them
wellthis might just be
throwing out an open invitation there
regardless of who you're trying
to communicate with on the other side
you're still trying to communicate
with the spirit realms
and that will probably get noticed
and it might not be your spirit guides
that answer the invitation
so sure..... I admitmy opinion
may be biased
but I would say
just leave it alone
just go on living your life
if your spirit guides are there

they know what they're doing
just let them do what they do best
and don't take unnecessary risk

- 2/17/2022

SHOUTS IN THE NIGHT

Last night was a rough one
I'm sure that many of my poems
start this way
with that exact line
but last night really was a rough one
and this time
it was because of this spirit attachment
the female voiceCrystal
recently I have noticed
that I've been getting hit
with the shout attacks again at night
when I'm in bed.... trying to fall asleep
I was just hit
with a very powerful one two nights ago
a voice shouted right into my right ear
I almost jumped out of bed
it sent a jolt through my whole body
and the shout seemed to echo
there was something about this shout
it just seemed different
one thing in particular
it didn't sound like Crystal's voice at all
the voice sounded strange
it's hard to even say if it was a female voice
or a male voice
but to me it sounded more
like a male voice

for the past couple of years
when I have heard other voices
voices different from Crystal
much of the time
it is through these shouts attacks
these shout attacks
as I call them
because they are clearly meant
to deprive me of sleep

mostly when I get it with the shouts
it is Crystal's voice I hear
I can recognize it

and often when she shouts
her voice sounds even clearer
than how I usually hear her
recently it seemed like
she was hitting me
with one powerful shout
on the nights when she decided
to hit me with this

in the past I noticed
that sometimes I would get hit
with these really powerful ones
or sometimes they would be less powerful
but there would be more of them
I've always thought
that with these shouts
Crystal must exert
quite a bit of energy
sometimes she uses that energy
towards one really powerful shout
or sometimes it seems
like she spreads it out a little
where I get hit with multiple shouts
not as strong.... but more of them

last night was a night
when I was getting hit
with more of them
I probably got hit
with at least five or six shouts
and I remember
that a few were pretty close together
from what I recall
each time it seemed to be Crystal's voice
where the night before
it did not sound like Crystal's voice at all
so it seems like Crystal
and perhaps some of her friends
might be going back to using
these shouts on a regular basis
this is not good news for me obviously
with the shouts
there isn't really much I can do about
it except take more sleep-aid

which I don't really consider to be a good thing it's not like when
I'm hearing her voice in the regular manner
at least then there's a chance
that I can block it out
direct my focus on something else
so that I don't hear it that much
sometimes I can do this
sometimes I can't
but there's at least a chance
when I get hit with the shouts
there's no blocking it out
there's no ignoring it
they are much too strong

I find all of this
even more unfortunate
because prior to a few months ago
I had gone the better part of the year
where it seemed like things
were improving quite a lot at night
it seemed like the tide
had finally turned in my favor
in the battle of sleep
I went the better part of the year
without taking any sleep-aid at night at all
most nights I would fall asleep
within twenty minutes
it seemed like the nights
where I would lose hours of sleep
or sometimes even a whole night of sleep
we're finally gone
this has been such a major aspect
throughout my attachment situation
this struggle to hold a decent sleep routine

when I get into bed at night
Crystal doesn't stop her intrusions
she doesn't stop her harassment
and this caused
serious problems for me for a long time
for the better part of five years I
would take a sleep-aid every night
in the hope that I would pass out quickly sometimes it helped me
sometimes it didn't

and in the morning
it often felt like my head was in a fog
the sleep-aid hadn't worn off yet completely
it was like waking up each morning
with a mild hangover
but I didn't know what else to do
if I went without it
I would lose a lot of sleep
or the nightmares would come back
I hesitated for a long time
to even try to go without it
but about a year ago
I decided to finally give it a try
to see what would happen
and I was actually surprised
by how well things went
how easy it was
yes....I was still hearing Crystal's voice at night and still feeling the physical sensations
but it was nothing too extreme
it was nothing that kept me awake for hours most nights I was asleep... or close to it
within twenty minutes
this was good news..... great news
this was a major shift in my situation
in my favor

and then about three months ago
this depressionthis mental fog hit me
and the real kicker here is
I don't believe
it has anything to do with Crystal
at least not directly
I don't think she was the cause of it
I was just reflecting on a lot of things
where my life is at these days
where it could have been
I was thinking a lot of the past
I was thinking a lot about lost friendships
lost relationshipsregrets
this was really bad luck for me
just when it seemed
like things were improving to a significant degree this feeling of sadness and despair
just came along and sabotaged it

yesI don't think

Crystal brought this about
but she has certainly
taken advantage of the situation
the things that I'm hearing her say
are relating to these thoughts
that are going through my mind
she's making mind games
and storylines out of them
it was some bad luck alright

so here I am
I'm still going through this depression
I'm still in this mental fog
but I will say
it seems to be starting to get better at least
it's not as bad as it was a month ago
then I would come home from work
crawl into bed very early
just because I wanted to fall asleep
I didn't want to be awake
having these thoughts
these regrets
these bad memories
going through my mind
it's not gone completely
but it seems like it's starting to fade away

last night's incident with the shouts
that was more of just
the regular old situation
Crystal's the culprit again
not my depression
not my bad memories
it feels like I should say
that this is good news
but of course it's not
sometimes in a situation like this
it's just bad news all around
and you take your pick

IT'S SUNDAY

It's Sunday
my day off from work
now it's my only day off from work
until next winter
this weekend
I had to go back to working on Saturdays
it was nice having two days off
from work while it lasted
I enjoyed it
it really does make a difference
in resting up for the week

earlier this afternoon
I went to lie down in bed
just for a little bit
I was feeling a bit tired
and I had to recharge my phone
before I went out to run some errands
so I just got into bed
I didn't want to fall asleep
I knew if that happened
I could end up
sleeping through the day
that has happened to me
a number of times

sometimes what prevents this
from happening
is the presence
of this entity attachment.... Crystal
that is essentially
what happened this afternoon
I got into bed
I was starting to drift off towards sleep
just starting to
I was hearing Crystal's voice
chattering the whole time
but that wasn't really

bothering me too much
I'm used to that
suddenly I felt a presence
land on the foot of the bed
and then I felt a presence
moving up my legs
then it went over
and moved up my right arm
then my right shoulder
until the presence
was right next to my right ear
it was Crystal
and I wasn't just feeling her presence
moving on my body
I was feeling it moving on the bed
I could hear the movement on the bed
I could hear the blankets move
I could hear the mattress springs
as they were pressed down just a little
by the slight weight of this other presence

that was enough
to pull me back from the brink of sleep
I didn't want to fall asleep anyway
if anything should I be thanking
Crystal for this disturbance
I don't know if I'd go that far
but it was another example
of how I not only felt her presence
in a very direct
a very pronouncedphysical way
but sometimes
I can feel her presence
effecting other objects
such as when I heard her
moving on the bed
I felt the blankets move
I heard the mattress springs move
I know some would say
I'm just experiencing hallucinations
tactile hallucinations
but I perceive this presence
not just on my own body
but on other objects

usually it's slight
just feeling some blankets move
or the mattress springs move
but there have been
occasions in the past
where it was not so slight
I remember one occasion
back in April of 2015
this was during what I call
"my two weeks of hell"
this is where my situation
was at its worst
I was in my bathroom
and then I heard a knock
on the bathroom door
I was living alone at the time
there was nobody else there
though this is when
the psychic attack was at its peak
so I knew that in truth
I wasn't really alone
I was in the bathroom
and I heard a loud knock
on the bathroom door
I opened the door
there was no one there
I walked down the hallway
towards the front door of the house
and right then and there
the front door slammed open violently
I remember that this
was a calm spring day
it wasn't windy
the weather was actually very mild
but the front door slammed open so
here was a more extreme case
of me perceiving these entities
effecting other objects

luckily ...I haven't experienced anything
that extreme since 2015
I've often wondered
how they could do that back then
but that hasn't happened since

my theory is that back then
since my emotions were such a mess
since I was feeling such fear
anxietydread
I was putting all this energy out there
all of this emotional energy
I think perhaps this gave them the strength
the power ...the ability
to slam the door open
but since I've gotten
a better handle over my emotions
I don't experience
the more extreme stuff like that anymore
I can't be certain of course
but I think this may be the case
I was certainly
putting off a lot of bad emotional energy
at that time
a lot of anxiety
a lot of dread
and if this is the kind of energy
they need to pull these stunts
well they had plenty of it

- 2/20/2022

MY BAD DAYS

I'm not going to start this poem
by saying last night was a rough one
actually I don't think it was
nothing eventful happened
so I got a break for once

I'm going to start this poem
by saying today was a rough one

on some days
the presence of this voice
still gets to me
still aggravates the hell out of me
this is one of those days

this female voice
the voice of this spirit attachment
the one that calls herself Crystal
has just been getting to me all day
she hasn't really
been saying anything out of the ordinary
so it's not really
what she's saying
that's getting to me
I generally don't give a shit
about what she says anyway
it's just one of those days
where I feel like being normal
I feel like being
like I was before all this started
I know that my life
is not the same
I know that my life
is very different now
but it's just one of those days
where I don't want it to be different anymore
I want this whole situation
to be over and done with

just through my thoughts
which is as good
as speaking out loud to Crystal
I even asked her today
why can't we just settle this
once and for all
let's just have a dual
a showdowna fight
with swordspistols
tomahawks..... whatever
you want I should just settle it

and be done with it
I don't care if I win or not
I just want to settle it
and be done with it
it's this ongoing sadistic torment
that gets to me
this ongoing sadistic intrusion
into my life
by the spirit attachment and her voice
it's not a fair fight
not even close
I know she can't materialize enough
for us to battle it out
and right now
that's really a damn shame
because I would love to settle this
once and for all
but that's not how it goes
with this type of situation

so let me add this to the warnings
that I so often give
about messing around
with the paranormal
the occult
trying to talk to the spirit world
I know that many people
can take up these pursuits
and be fine
for some it's their passion
they love doing
this sort of thing
noit doesn't go this horribly bad
for everybody
but there's that risk
especially if you're just deciding
to start out with this
there's that risk present
how do you know
that you won't be a part
of that small percentage
that this shit will just wreak havoc in your life
how do you know
that you're not going

to get hit with spirit attachments
and you have to look beyond
the simple terms here

that's what I try to do here with my writing
I try to show what it's like
show some of the details of what it's like
wellsome days it really sucks
you've got this attachment
it's just out to harass you
to torment you
to drive you crazy
you want to fight back
you want to fight it out
and be done with it
win or lose ...it doesn't even matter
you just want it settled
but they don't play by those rules
they just keep talking
and talking
and harassing
and harassing
on and on and on and on
most days this attachment
doesn't get to me this much
at least not anymore
but it still happens
I still have my bad days
I still have my bad nights
yes...I still have my bad days
and when I have these bad days
they still really suck for me

- 2/21/2022



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THE CHOICE

I met someone recently... online
and I've been corresponding with them
for the past two weeks or so
it's a young woman
whose life is also plagued
by hearing intrusive voices
she to believe
it's a spiritual situation in her case as well
I never try and push that opinion on anyone
I've always said
it's a very personal experience
so we might each have our own outlook on
it for myself
I've known from the beginning
that these voices that I've heard
are not me
that they don't originate from me
that they are not hallucinations
for one thing
I started hearing them
after I was communicating with them
through EVP recording
for a couple of months
during the winter of 2015
I was only hearing them
on recording at first
prior to that
I had never heard voices in my life

this female voice
that still harasses me today ...Crystal
I first heard her voice
during the second month of my recording
I first heard her voice
on my EVP recordings
and she sounded exactly the same
on the recordings

as she does now
I've always known
that there was something mysterious
going on here
perhaps that's why
I've experienced
so many other things
like when these spirits
were messing with my phone
when they left voicemails for me
when they were banging on walls and doors
and that time
that they slammed open my front door
I would say in my case
they never really tried
to pass themselves off as hallucinations
I think for me
the cat was out of the bag
from the start
and it seemed to me
that they very much wanted me to know
that they were real

so I've been corresponding
with this young woman
she's been hearing voices
for quite a long time
and she's deeply troubled by them
the things they stay
have an effect on her in a bad way
so I've been trying to help her out a little
by telling her the things
that I believe helped me out
she was telling me
how she's afraid of what the voices tell her
how she believes some of their claims
their stories
and I told her
step one is stop doing that
do not believe anything
you've been hearing them this long
so you know they lie
you know they're full of shit
you know that they'll say

just about anything
to get the desired reaction out of you
you know that they know all about you
that's their strength
they know your thoughts
they know your fears
they know your memories
yes they know all about you
and unfortunately
they have that advantage
yes... that is their strength
but our strength is
we don't have to give a shit
about what they say
we don't have to believe in what they say
we don't have to place
any significance at all in it
yes.... we may still hear them
but that doesn't mean
that we have to listen to them
that doesn't mean
that we have to believe them
they want us to believe them
they want us to be afraid
they want us to fall for their lies
they want to dominate us
they want to manipulate us
but we don't have to let them
we have a choice
and no matter how powerful they seem
through their illusions and trickery
they can't take that away from us
they can't take that choice away from us
we don't have to believe them
we don't have to place significance
in anything that we hear from them
we don't have to listen to them
we still have that choice

ON THE OPINIONS OF THE VOICES

I was just corresponding
with a young woman
who also hears intruding voices
asshole voices
voices that insult her
criticize her
tell her she's worthless
that she should kill herself
she was asking for advice
I wish that I could tell her
how to make them go away for good
I wish I knew for myself
but all I could tell her
is what has helped me
and I told her
that I still struggle with this condition
I still have my bad days
the voices still get to me sometimes
but I don't let their insults get to me
I'm not impacted by their judgments
I don't care what their judgments are

I told this young woman
that in the beginning
the voices would really get to me
I was scared of what they were saying
I was hurt by what they were saying
but over time
my mindset changed
over time I began to see
more and more
what these voices were really all about
they don't really give a damn about me
or what I do
they don't even give a damn
about their own opinions of me

they have an agenda
they're doing what it is they do
and these voices often tell me
how superior they are
but if they are superior
then they can keep it
I don't want to be superior like them
I am nothing like them
and in truth
I don't regard them as superior at all
sure they have some impressive abilities
when it comes to the psychic stuff
but morally
they are very much inferior to me
morally I'm better than them
whatever faults
and issues I may have ...or had in the past
doesn't hold a candle to them
I don't come anywhere near them
they choose to spend their existence
being sadist....tormenting people
with their incessant chattering
when I hear the voices insult me
I just think to myself
who are they to insult me
what makes them so special
the answer is nothing
they are nothing special
I shouldn't care what they say
I shouldn't place any significance in it
it doesn't matter to me
and I'm not saying this
just to be spiteful
if I heard something different from them something more positive
well then I might have a different outlook
but so far ..it's just been more of the same
over and over
and I don't let it get to me anymore
yes I still have my bad days
because for whatever reason
I still have this ability to hear them
I don't want this ability
I wish I could get rid of it
I'm working on that

but it doesn't come that easy
you can't turn it off
like you turn off a light switch
no... I wish that you could
I really do

- 2/23/2022